

## The Prayer of the Humble

*In Jonah's prayer of humility, he recognizes God's sovereignty over the entirety of his present condition and returns to a rightful worship of God.*

1. Pray humbly, earnestly, and out of your need. v. 1-2
  
2. Recognize the sovereignty of God. v. 3-6
  - a. It is God who casts Jonah into the sea. v. 3-5
  - b. It is God who raises Jonah up from the Pit. v. 6
  
3. Pray with thanksgiving to God. v. 7-9
  - a. Jonah thanks God, the holy One. v. 7
  - b. Jonah thanks God, the gracious One. v. 8
  - c. Jonah praises God, the saving One. v. 9
  
4. Repent, God will deliver. v. 10

### Practical Application

1. Remember to pray fervently and specifically to your Father in Heaven.
2. Acknowledge God's Lordship over you life and surrender your circumstances to Him.
3. Pray with a heart of thanksgiving for the grace you have received.
4. Repent and wait on God for His coming deliverance.

**Jonah 2:1-10** Christian Standard Bible (CSB)

*Jonah's Prayer*

**2** Jonah prayed to the Lord his God from the belly of the fish:

<sup>2</sup> I called to the Lord in my distress,  
and he answered me.  
I cried out for help from deep inside Sheol;  
you heard my voice.

<sup>3</sup> You threw me into the depths,  
into the heart of the seas,  
and the current overcame me.  
All your breakers and your billows swept  
over me.

<sup>4</sup> But I said, "I have been banished  
from your sight,  
yet I will look once more  
toward your holy temple.

<sup>5</sup> The water engulfed me up to the neck;  
the watery depths overcame me;  
seaweed was wrapped around my head.

<sup>6</sup> I sank to the foundations of the mountains,  
the earth's gates shut behind me forever!  
Then you raised my life from the Pit,  
Lord my God!

<sup>7</sup> As my life was fading away,  
I remembered the Lord,  
and my prayer came to you,  
to your holy temple.

<sup>8</sup> Those who cherish worthless idols  
abandon their faithful love,

<sup>9</sup> but as for me, I will sacrifice to you  
with a voice of thanksgiving.  
I will fulfill what I have vowed.  
Salvation belongs to the Lord."

<sup>10</sup> Then the Lord commanded the fish, and it  
vomited Jonah onto dry land.